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LRB098 06246 MST 36287 r

1 HOUSE JOINT RESOLUTION

2 WHEREAS, Childhood obesity has more than tripled in the
3 past 30 years; and

4 WHEREAS, The percentage of children ages 6-11 years in the
5 United States who were obese increased from 7% in 1980, to 20%
6 in 2008, and the percentage of adolescents ages 12-19 years who
7 were obese increased from 5% to 18% over the same period; and

8 WHEREAS, In 2008, over one-third of children and
9 adolescents were overweight or obese; and

10 WHEREAS, After the family, school is the primary
11 institution responsible for the development of young people in
12 the United States; and

13 WHEREAS, Schools have direct contact with more than 95% of
14 our nations young people ages 5-17 years, for about 6 hours a
15 day, and for up to 13 critical years of their social,
16 psychological, physical, and intellectual development; and

17 WHEREAS, The health of young people is strongly linked to
18 their academic success; helping students stay healthy is a
19 fundamental mission of schools; and

1 WHEREAS, The State of Illinois currently has a blue ribbon
2 panel that is reviewing ways to enhance physical fitness
3 programs in our Illinois schools; therefore, be it

4 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
5 NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, THE
6 SENATE CONCURRING HEREIN, that we urge the Governor to suggest
7 that one week of each school year be used to emphasize the
8 importance of physical fitness in schools in the State of
9 Illinois; and be it further

10 RESOLVED, That we encourage the administration to request
11 schools in Illinois during this week select a health related
12 subject to be discussed in class for each day a week of
13 awareness; and be it further

14 RESOLVED, That we further encourage the administration to
15 suggest some topics, but not limited to the following for
16 discussion during the fitness awareness week: nutrition and
17 dietary behavior, physical activity protocol(s), tobacco-use
18 prevention, alcohol, or drug use prevention, review of cardio
19 protocols, review of eating disorders, and a review of physical
20 activity facts; and be it further

21 RESOLVED, That we further encourage the administration to
22 suggest the promotion of an "fitness action day" whereby

1 schools can find a way to encourage a healthy life style
2 through the promotion of an activity; and be it further

3 RESOLVED, That suitable copies of this resolution be
4 delivered to Governor Pat Quinn, Illinois Congressman Rodney
5 Davis, Illinois Senator William Haine, and the Illinois
6 Superintendent of Schools.